



---

## Growing Healthy Kids Columbus Coalition

\_\_\_\_ Steering Committee

\_\_\_\_ X Full Coalition

Date: August 27, 2013 Time: 10:00 am – 11:30 am

Location: Columbus Public Health  
Meeting Room 119C  
240 Parsons Ave.  
Columbus, Ohio 43215

**Facilitators:** Cheryl Graffagnino, Columbus Public Health  
Jamie Turner, Columbus Public Health

**Attendees:** Elaine Tran (CPH, HCHW), Bob Holomuzki (CPH, Strategic Nursing), Doug Wolf (NCH), Barb Seckler (CPH, IAL), Pat Reiderer (OSU Extension), Elizabeth Varanese (OSU SNAP-ED), Kate Robb (CPH Healthy Places), Hannah Jones (Broad St Food Pantry), Jacalyne Adkins (OSU Farm to School), Shelby Sutphen (CHA), Katie Ozbay (OSU Intern), Mary Sheehan (CPH, MPH intern), Phyllis Pirie (OSU CPH PRC), Ellen Hashiguchi (OSU), Carolyn Bernard (Columbus City Schools), Grace Kolliesuah (CPH, Caring for 2), Kellee Gauthier (Learn for Life), Ali Segna (CPH, HCHW), Jackie Broderick-Patton (Columbus City Schools)

### *Meeting at-a-glance:*

- Program Updates
- Introduction of Walk With A Doc in Columbus Neighborhoods
- Brief review of HCHW 12 key messages
- Water First for Thirst Campaign – Social Media
- Water First for Thirst Action Plan

### *Next Steps:*

- Next meeting: **Tuesday, September 24, 2013 10:00am -11:30am** at Columbus Public Health, Room 119C.

### **Outcomes:**

- GHKC members unanimously agreed a letter of support on behalf of the coalition should be submitted for the Prevention Research Center as they seek ongoing funding.



### Agenda Item 1: Program Updates

<i>Partner/Organization</i>	<i>Supporting Breastfeeding</i>	<i>Supporting Physical Activity</i>	<i>Supporting Healthy Eating</i>	<i>Increasing Screening and Referral</i>	<i>Other</i>
<b><i>Cheryl Graffagnino/Jamie Turner (CPH/HCHW)</i></b>		Imagination Playground at AAMWW and Ganther's Place Garden. **Imagination Playground is an incentive for events that commit to be healthy	WFFT will expand to other age groups and throughout the state in 2014. Creating Health Communities network selected		Made a connection with the detective that supports Crime Stoppers. Potential partner to address safety concerns for families?
<b><i>Katie and Shelby OSU Children's Hunger Alliance</i></b>		Home playdates for home Childcare providers to receive HCHW training in Oct.	Will host Local Matters Cooking Matters Workshop in Sept for home childcare providers. Nutrition webinars ongoing.		
<b><i>Grace Kolliesuah (CPH/Caring for 2)</i></b>					
<b><i>Kellee Gauthier (Learn 4 Life/Cardinal)</i></b>	Working on Cardinal year 2 funding. Columbus City Schools has been funded to collect BMI data for pre-K students in 5 target zip codes. CCS will follow kids at or above 85 <sup>th</sup> percentile for weight. Also ensuring pre-K schools in target zip codes get HCHW training. Trying to get 75% childcare centers to be OHP. CPH will be funded by Cardinal				
<b><i>Broad st pantry</i></b>			Hosts nutrition education in association with produce distribution.		
<b><i>Pat Reiderer (OSU Extension/EFNEP)</i></b>				A NCH physician is referring children directly to EFNEP (in Spanish)	



<i>Jackalyne (OSU Farm to School)</i>			Ohio Grocer Association. Easton Farmers Market providing nutrition education resources.		
<i>Bob Holomuski (CPH/Strategic Nursing Team)</i>		Promoted PA and WFFT at Native American Conference			
<i>Doug Wolf (NCH)</i>	NCH recognized World Breastfeeding month with classes for employees				
<i>Mary (Speakers Bureau)</i>		Growing Healthy Kids resource kits have been at 30 events since May, 2013. Shared resources with Parks & Rec for Cap City Nights			
<i>Phyllis Pirie (OSU PRC)</i>					Actively drafting plan for PRC renewal. Next project will focus on physical activity opportunities in 43205, 06 and 07.
<i>Grace Kolliesuah (Caring For 2)</i>		C42 is recruiting families to participate in Franklin Park Conservatory Harvest Event. Allows families to cook/garden and take food with them.			
<i>Elizabeth Varanese (OSU SNAP Ed)</i>		Working with schools to implement nutrition education curriculum in January. Balance My Day			
<i>Barb Seckler (IAL)</i>		Kids Cycle Columbus continues. Kids earn bikes through a safety/educational course, 80 kids reached. Community Gardens: starting evaluation process for launch next year. Columbus will be a part of a NAACHO Core Cities Initiative for SSB/WFFT policy, messaging, education			



<i>Carolyn Bernard (CCS)</i>		Promoted WFFT and 12 key messages at central enrollment center. HCHW will conduct training for CCS Pre K classrooms to on Ohio's Healthy Program standards on Thursday 8/29. Developing additional nutrition and activity policies for CCS Pre K classrooms.		
<i>Ali Segna (CPH/HCHW)</i>	HCHW training for CCS staff in target zip codes on Thursday 8/29. Oct 4 <sup>th</sup> there will be a Learning Forum for childcare centers in target zip codes. - There will be follow up, evaluation and tricycle distribution via IAL Academy Kids became OHP in 43203 Child Care Wonderland is very close to getting OHP in 43205			



***Agenda Item 2: Intro to Walk with a Doc Columbus Neighborhood Walking Clubs – Kate Robb***

- Walk With A Doc to implement neighborhood walking programs N,W,S and far east neighborhoods.
- Partners include CPH, Walk With a Doc, Mount Carmel, Institute for Active Living and the Neighborhood Health Advisory Councils.
- Kick off dates: Sept 7 on North and South sides, Starting Sept 14 on Far East and West
- Walks will be from 830-930
  - Doctor will talk to walkers for 5 min on various topics
- ALL are welcome. Want to get more families involved

***Agenda Item 3: HCHW 12 Key Messages – Ali Segna***

- 12 key messages can be found under Tools and Resources on HCHW website.
  - Printable posters and flyers available here
  - Rings of fun also available here. Has activities related to each message

***Agenda Item 4: Water First for Thirst – Social Media***

- Youtube video of Commit to be Fit message launched: <http://www.youtube.com/watch?v=8frukzYN9P8>
- Buck-I-Guy and WFFT
  - Picture/flyer already made
- Cheryl will make email draft to contact community members to promote WFFT
- Twitter launched: [https://twitter.com/CPH\\_GHKC](https://twitter.com/CPH_GHKC)
- Facebook launched: <https://www.facebook.com/WaterFirstforThirst>
  - Ellenn Hashiguchi has volunteered to control the page

***Agenda Item 5: Water First for Thirst Action Plan***

The last 20 minutes of the agenda was focused on dividing the coalition into small groups to complete an action plan for the Water First for Thirst Campaign. The action plans were compiled by Jamie and Cheryl and will continue to help guide the coalition to complete activities consistent with the campaign logic model.

WFFT Accomplishments from last month:

- Speakers Bureau events bring healthy messaging via flyers, A-frame posters
- WFFT signage was included at CPH farmers markets
- Children's Hunger Alliance: Field staff is distributing WFFT handouts and they've been trained with talking points
  - Child asked for water over Gatorade



- HCHW: Mt Carmel Church partnerships hosted Cheryl Graffagnino to present WFFT power point for decision makers.
- Institute for Active Living: promoted WFFT at Urban League Work Force Development presentation

<b>Growing Healthy Kids Columbus Coalition Action Plan for 2013 Water First For Thirst Campaign</b>				
<b>Audience</b>	<b>Tools</b>	<b>Action</b>	<b>Timeline</b>	<b>Responsible Party/Partners</b>
<b>Parents of children age birth to 5</b>	Healthy Children, Healthy Families curriculum (existing tool)	Include Water First Campaign into curriculum	Ongoing	OSU Extension EFNEP
<b>Pregnant Women</b>	Healthy Children, Healthy Families curriculum	Include tips on making water more appealing	Ongoing	OSU Extension EFNEP
<b>Children birth to 5</b>	Water	<ul style="list-style-type: none"> <li>• Offer water to those waiting at central registration for CCS</li> </ul>	Fall 2013	CCS
<b>Choice Providers (e.g. those who decide what beverages are offered)</b>	Water First for Thirst Toolkit (posters, power point presentation, one pager) (existing tool)	Present to Area Commission and Barrack Recreation Center	Summer 2013	CPH Strategic Nursing Team
<b>Caregivers/Providers</b>	<ul style="list-style-type: none"> <li>• Water First Posters (existing tool)</li> <li>• Water pitchers (existing tool)</li> <li>• Sample healthy vending language (existing tool)</li> </ul>	<ul style="list-style-type: none"> <li>• Provide water at all workshops for providers and internal meetings</li> <li>• Establish</li> </ul>	ongoing	Action for Children

		healthy vending policy		
	<ul style="list-style-type: none"> <li>• Water First water bottles</li> <li>• Water first policy</li> </ul>	<ul style="list-style-type: none"> <li>• Trying to get water bottles with WFFT message donated</li> <li>• Water first policy under development</li> </ul>	Fall 2013	Children's Hunger Alliance
<b>Other</b>	Facebook page	<ul style="list-style-type: none"> <li>• Found volunteer to operate coalition/WFFT facebook page</li> </ul>	Ongoing	HCHW, Ellen
	General WFFT slide(s) will be sent out to other coalition members to add to their power points	<ul style="list-style-type: none"> <li>• HCHW will send out WFFT info slides</li> </ul>	September	HCHW
	Water First Posters (existing tool)	<ul style="list-style-type: none"> <li>• Want to get WFFT media posted at YMCAs, EFNEP, NCH</li> </ul>	Fall 2013	YMCA, EFNEP, NCH
	Water first messaging	<ul style="list-style-type: none"> <li>• WFFT to be promoted at Walk with a Doc</li> </ul>	Fall 2013	WWAD
	WFFT signage	<ul style="list-style-type: none"> <li>• Get WFFT signage for Broad St</li> </ul>	Fall 2013	HCHW, Broad St Food Pantry



		Farmer's Market		
--	--	--------------------	--	--